

THE EMERALD

WHAT'S HAPPENING AROUND DE PAUL AND BEYOND...



Pictures from the 2024 NHS Spirit Week!

The Final Stretch...

As we all know, the end of quarter 3 marks the beginning of the end. We officially have only one quarter left in the 2023/2024 school year.

Quarter 3 was an action-packed quarter. We got to watch winter sports, like basketball and wrestling, wrap up their seasons. We celebrated Catholic Schools Week, which is always a hit. We got to participate in a ton of fun spirit days with NHS's spirit week. We had volleyball tournaments, Masses, service opportunities, and more! Keep reading to hear all about it!

SPIRIT WEEK

NHS SPIRIT WEEK WAS CELEBRATED THE WEEK OF MONDAY, MARCH 4TH TO FRIDAY, MARCH 8TH. HERE IS A SHORT OVERVIEW OF EVERYTHING THAT HAPPENED THAT WEEK:

The whole week, there was a food drive. Seniors were asked to bring soup, juniors were asked to bring fruit, sophomores were asked to bring vegetables, freshmen were asked to bring pasta, the 8th graders were asked to bring cereal, and the staff was asked to bring spaghetti sauce. There was also Penny Wars, in which students put pennies in their class's jars to get the highest amount. In the spirit of friendly competition, students could add nickels, dimes, quarters, dollars in another jug to lower their totals.

Finally, the Volleyball Tournament was held on Friday from 2:30 – 6:30 PM. Congratulations to Team 2 on winning! On that final note, this was a week which showed our school Spirit and strength as a school community

Monday, March 4th
Spirit Week Class Shirt Day
Students wore their Spirit Week shirts along with accessories in their class colors - socks, tights, headband, etc.

Tuesday, March 5th
Twin Day
Students wore identical tops with denim blue jeans, khaki pants or matching sweats.

Wednesday, March 6th
Pro Sport Team or College Shirt Day
Students wore college or pro/college sport shirts, jerseys, or sweatshirts.

Thursday, March 7th
Vacation Destination Shirt Day
Students wore t-shirts or sweatshirts from a previous vacation or somewhere they would like to go to.

Friday, March 8th Spirit Week
Class Shirt Day/Color Wars
Students wore their Spirit Week shirts with Pajama Pants. It was also Stuffed Animal Day.

IN THIS ISSUE

**MORE DE PAUL
CURRENT EVENTS**

**WINTER SPORTS
OVERVIEW**

**UPDATE ON SOME
OF OUR CLUBS**

SPORTS

Winter Sports Come to a Close

With the onset of spring sports, winter sports have officially drawn to an end. The De Paul Boys Basketball Team finished with a 10-15 season and the Girls Basketball Team with a 9-11 record! The wrestling team ended with a record of 8-16 season, with multiple wrestlers making it to states. The competition cheerleading team tumbled their way through the winter, as well, competing all across NJ!



Bowling

Tiny, but mighty! Although the De Paul Catholic High School Bowling Team consisted of five members, it had a successful season with a final record of 4-7. Throughout the regular season, the De Paul Catholic bowlers showcased their talent and determination, consistently delivering strong performances on the lanes. Dean Koval and Jonathan Long dominated with game highs of 228 and 207, respectively. The team faced tough competition from rival schools but remained focused on their goals, steadily climbing the ranks in their league standings.

Boys Basketball

The De Paul Boys Basketball Team demonstrated remarkable prowess and resilience on the court, finishing their season with a record of 10-15. Led by their new coach, Travis Bligh, and fueled by the determination of their players, the team embarked on a journey filled with thrilling victories and hard-fought battles. Ash Cole led the team in points scored, with other standout players like Josias Carbon, Ali Seidou, and Cody Webster.



Picture taken by Emily Nicol.



Girls Basketball

The Spartans' Girls Basketball Team had a stellar season, ending with a record of 9-11. From the outset, the girls displayed exceptional skill and determination, dominating opponents with their fast-paced offense and suffocating defense. Powerhouse players like Alanisse Freire, Leah Marain, Sydney Jacobs, and Mya Sampong helped establish the team as a contender in their league.

Competition Cheerleading

The competition cheerleading team had a successful season, attending competitions around NJ, including one at Passaic Valley Regional High School.



Picture taken by Emily Nicol.



Picture taken by Emily Nicol.

Wrestling

The wrestling team pinned an 8-16 season, with Joshua Turner '24, Sophia Lentine '24, Caroline Biegel '25, Olivia Georges '26, and Delvan Rotte '27 making it to states. In the end, the DePaul Catholic wrestling team's season was a testament to their dedication, skill, and perseverance.

ACADEMICS

Spartan Study Tips

HELLO SPARTANS! HERE ARE SOME STUDY TIPS TO HELP YOU END THE YEAR ON A GOOD NOTE!

As we approach the end of quarter three and gear up for quarter four, it's time to keep up the good work and finish the year strong. Doing well in school doesn't just mean studying — it means studying smart. Make a schedule, keep important due dates organized, and try active learning tricks like summarizing or teaching others what you've learned in school. Remember to also take breaks, get enough sleep, eat healthy, and exercise.

AP exams are coming up in May, so start studying now and think about which classes you want to take next year. Ask your teachers or counselors for advice. Keep at it, and you'll do great!

SPORTS

Spring Sports Begin...

8-meter shots, face-offs, touchdowns, home runs, mile splits, and par - spring sports are underway! This Spring, DePaul is offering girls lacrosse, boys lacrosse, girls flag football, baseball, softball, track and field, and golf. The first official day of practice for Spring sports was a warm and sunny Thursday, March 14th. Prior to the official beginning of the season, the teams were working hard to sharpen their skills with captain's practices and team bonding activities. The Spartans are looking forward to great seasons with success in their plans!

Getting Ready for Next Year – Picking Courses!

With Quarter 3 ending, we are fast approaching Quarter 4. This means it is almost time to prepare for next year's classes already. Classes will begin to get picked soon, think about the ones you want to take. There are many different and interesting classes to choose from, ranging from multiple types of science to history from around the world. There is a lot to consider when choosing a class, so make sure you look at all the classes offered. There are lots to choose from. Here are some tips on how to choose what classes could be good for you. Consider your interests and goals: consider your academic interests, passions, and long-term goals.

Choose classes that align with these interests. Seek advice: talk to your teachers, school counselors, or friends for guidance. They can provide valuable insights, recommend courses based on your strengths and interests, and help you understand how certain classes align with your goals. Carefully research course offerings: take the time to research the course catalog or offerings for the upcoming year. Look for classes that sound intriguing, relevant to your interests, or that you've heard positive things about from other students. Balance your schedule: strive for a balanced schedule that includes a mix of challenging courses, electives that interest you, and any required classes.

Consider factors like workload, difficulty level, and extracurricular commitments when creating your schedule. Most importantly stay flexible: be open to exploring new subjects or taking classes outside of your comfort zone. High school is a time for discovery and growth, so don't be afraid to try something different or unexpected. By following these tips, you can make informed decisions when choosing your classes for the next academic year and set yourself up for success in your high school journey. Good luck with choosing your courses for next year!



Pictures from Catholic Schools Week.

Catholic Schools Week

Celebrating a Fundamental Part of Our School Community...

Catholic Schools Week was another success that proved to be a lot of fun for both the students and teachers! Everyone enjoys a good spirit day every now and then- especially if we get to get out of uniform and show off our style. During Catholic Schools Week, we recognized how lucky we are to be able to go to DePaul and receive a Catholic Education.

We were fortunate enough to celebrate Mass with Bishop Sweeney on Monday, January 29th during Catholic Schools Week. That was followed by a fun, school-wide winter pep rally on the Tuesday, which was filled with fun games and activities that brought us all together and helped ignite the school spirit.

Our Faith – Masses, Service, Etc.

Mass...Lenten Season

We began our Lenten Season with our Ash Wednesday Mass on February 14th. Father Steve gave another great homily, and the school received their Ashes to signal the start of the Lenten season.

Prayer Services

Fr. Brian and Ms. Zaccardi have been working together to start prayer services during theology classes to help students understand the Sacrament of Reconciliation.

Confession

During the season of Lent, theology classes went to the chapel to participate in the Sacrament of Reconciliation. Thank you to Fr. Frank, Fr. Steve, and Fr. Joey for allowing the Spartans the opportunity to reconcile their differences with the Lord.

Stations of the Cross

On Fridays during Lent, the school holds a reading through the Stations of the Cross. It's a lovely tradition and all are welcome.



EXTRACURRICULARS

The Student Cultural Resource Group: Flag Day

On Tuesday, February 20th, Flag Day was celebrated at our school. De Paul Seniors, Valeria Nunez and Chanel Bethea worked together to establish the Student Cultural Research Group. Here is what Valeria had to say about their Flag Day:

“Students...celebrated and represented their cultures together during International Flag Day. Organized by the school’s Student Cultural Research Group, students were allowed to bring in their country’s flag and celebrate their culture together with their peers. Cultural representation is important and International Flag day helped spread cultural pride amongst our entire student body.”

We hope that this is not the only Flag Day to be celebrated at our school and that this remains a tradition for many years to come. Even though we are all one as a school body, it is important to come together and celebrate our different backgrounds.



Important Events During Quarter 3 -----

Sophomore Retreat

This quarter, the Sophomores enjoyed an awesome retreat at Our Lady of Consolation. Sophomores came together for a day of prayer and games as they got to build their relationships, both with God and each other. Big thanks to the seniors who helped lead the retreat and the theology department for making it so fun!

Cardboard City

On March 8th, students from different grade levels stayed at De Paul overnight in solidarity with the homeless! They made cardboard houses and slept on the floor to recognize the struggles that real people-even kids our age-have to go through every day.

Overall, Quarter 3 was a super action-packed and fun-filled quarter with many different service opportunities and events. As we bring the year to a close, keep an eye out for any fundraisers and service hour opportunities, as CSP hours will be due soon!



EXTRACURRICULARS

Update on Some of Our Clubs:

Interact Club

From March 1st to March 22nd, the Interact Club held a Spring Collection of Children’s Items. This collection was to help support Oasis, a safe haven for women and children. Interact Club collected items such as gently-used children’s clothing, children’s books, and small toys.

Morgan’s Message Club

Throughout Quarter 3, Morgan’s Message Club has been very active. On February 28th, there was a meeting that discussed how to implement self-compassion into our lives. We are so grateful to have a club spreading awareness for such a wonderful cause!

Medical Science Club

The Medical Science Club will be attending a Walk for Multiple Sclerosis (MS). The Walk will take place on April 21st, 2024. Please see Ms. Ferrito if you are interested in attending or supporting the club in their efforts!

The Emerald – A closer look at all the reasons why De Paul is the place to be!

Stay tuned for our next edition coming soon, with more articles about academics, arts, sports, extracurriculars, and everything DPCHS!

The Emerald is brought to you by the members of the Newspaper Club. This includes:

- Moderator: Ms. Zaccardi
- Editors-in-Chief: Ashley LoMonaco and Eryn Rubenacker
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